

INTEGRAL[®] Yoga

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Integral Yoga and You

INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Groups, Teaching Centers and Satchidananda Ashrams. These centers are vehicles through which Sri Swami Satchidanandaji's teachings of Integral Yoga are lived and shared. The centers conduct on-going programs of instruction in the various aspects of Yoga, including Hatha, Raja, Karma, Bhakti and Jnana Yogas (see back cover), as well as Yogic diet and other related topics. There are open classes, courses, universal worship services, and retreats, both for beginners and more advanced students. Those interested are invited to visit the centers, and a live-in program is also possible.

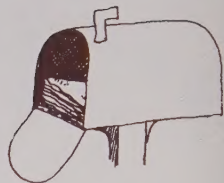
Besides their teaching function, the Ashrams also provide an opportunity for an experiment in total Yogic living. The Ashram in Pomfret Center, Connecticut has a printing press, health clinic, national audio-video service, natural foods store, a 2-acre organic garden, Yogic nursery school, and a number of cottage industries through which members practice selfless service and also make the community self-sufficient. Ashrams have recently opened in Santa Barbara, Calif. and Eureka Springs, Arkansas as well.

For more information, to arrange a Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed on the inside front cover. We are here to serve you.

OM SHANTHI

OM PEACE

Letters to Sri Gurudev



VALENTINE



Dear Swami Satchidananda,

When are you coming to Dallas to see me? I would really like to meet you. I chant Om Shanthi for you.

Your Valentine,

J.P. (Age 7), Dallas, Texas

Beloved Child,

Thank you for your beautiful picture. I do love you too. You are a sweet sweet child. I am coming to Dallas to see you on March 22 so I can hear you chant Om Shanthi. Love and serve everybody always and you will always be my valentine.

Swami Satchidananda

MEDICINE NEEDS YOU - SO DO I!

On behalf of myself and the other medical students of the American Medical Students Association, thank you so much for your lecture here. You and Dr. Amritananda were so inspiring! I felt so proud to be sitting on the same platform with you. May God grant you many more

years on this plane to continue your inspiring work. Medicine needs you so much - and so do I! What a beautiful dance this has been!

D.O., Houston, Texas

THE LORD HAS CALLED THEM

My mother's passing was peaceful and the family is taking it very well. It was so good to be there with them and tell everyone your message. Papa, my heart is filled with your love rather than emptied from the loss of her physical body.

C.G., Hillsboro, Oregon

With a heavy heart and profound sorrow I am passing on the news of the demise of my brother. With his last breaths were the words, "Ram Ram." It is shocking to imagine how within six hours he departed from us. He had improved a lot during the year and was considered out of danger. May we be blessed to stand this heavy loss and be bestowed with courage to carry on our duties faithfully.

R.S.R., Hong Kong

Beloved Self,

It is nice to know his last words were the name of the Lord. That shows what was in his heart. He hasn't left anything undone here, and having finished his business, the Lord has called him away for further work. Please accept the Lord's Will and have peace. You are in my prayers.

Swami Satchidananda

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Integral Yoga Magazine

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Sri Swami Satchidananda

SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being "Truth is One, paths are many." His main residences are in Pomfret Center, Connecticut during summer and Santa Barbara, California in the winter. He also travels widely, sharing with people through every possible media: lectures, conferences, radio, TV and newspaper interviews, books and visits to schools, seminaries, rehabilitation centers and many other groups.

MEDITATION

Sri Swami Satchidananda

QUESTION: Swamiji, many people are confused about meditation. Which of the many paths open to us today should we take? Who should lead us?

There is no one particular way of meditation. Meditation is the same process for all of us, no matter what technique we use. It is only the object or idea for meditation which may vary according to the taste and temperament of an individual. The process of meditation is simply to focus the mind on any one chosen thing, either an object or an idea. You can say a miser meditates on his money; he wants to amass money so he thinks of his dollars and cents every minute. Scientists meditate on their inventions; atomic scientists meditate on the atom.

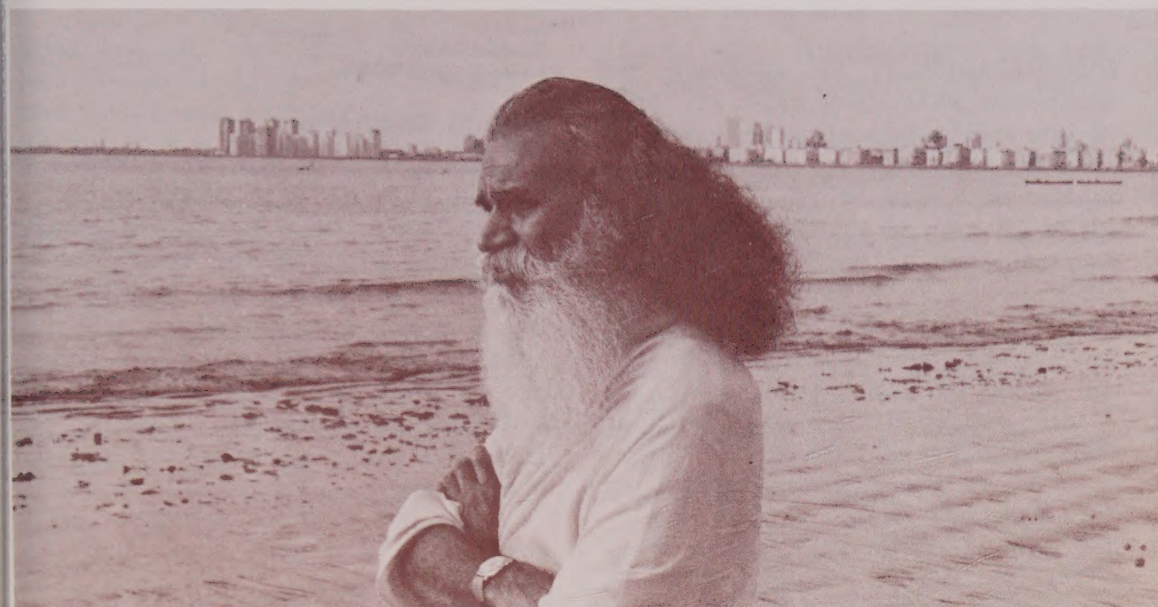
You know the maxim, "As you think, so you become." If you think of something nice, you will become nice. If someone constantly thinks of a monkey, certainly he will become like a monkey. So we suggest you meditate on something higher, something holy, something that will release you

from all your limitations, bondages, worries and anxieties. This is where prayer comes in, or a mantram - a beautiful sound vibration. Or you can meditate on the form of a holy person - a sage or saint: Buddha, Allah or Christ - or on a form of God.

The more a person meditates on an idol, the more his or her mind perceives that form. When the mind is completely taken up with that form, he feels, "I am having the vision of God now." It's just like if you meet a nice handsome boy and the impression goes deep into your mind, you will probably have his "vision" in your dream, is it not? In the same way, we get visions of God. Our mind completely accepts that form. So according to your taste, temperament and capacity you can either take a form or a prayer or a mantram.

Mantra Meditation

Meditating with a mantram is the most powerful way, and the easiest also, because - as you know - the Cosmic Consciousness which we call God first expressed Itself as sound. That's why the Bible



says, "In the beginning was the Word." The sound vibration is the very first expression of God. To communicate with that Cosmic sound you can use a sound also. It's a sound method! That's why the mantrams are given. Keep on repeating it and you tune your mind to that Cosmic wavelength.

It's something like tuning your radio to the station you want. The Cosmic God transmits His different aspects - love, beauty, strength, power and so on - from different wavelengths. If you want to experience His beauty, you take a mantram which will tune your mind to the beautiful vibrations of God. If you want His wisdom, you are given a different mantram.

This mantra method is very direct and the most convenient. You don't need to carry a form or image or altar or anything around with you to do your meditation. Your mantram is with you wherever you go. Even in the toilet room you can sit and repeat your mantram. There are no formalities.

That is what you see most of the Masters giving as initiation

to their students. But, of course, initiation is not merely giving a mantram. They also pass a little of the vibration they have cultivated by their own practice. It's like a culture which is poured into prepared milk to make the entire pot become yogurt.

But, of course, we don't discard the other methods. Some people want a form. They keep a picture and worship. Some repeat some prayers. Others sit and watch their own breath. Some analyze their own minds. All these are different techniques of meditation. There's no one form.

Pull Any Link

In fact, the ancient sage Patanjali, who is called the "Father of Yoga," coordinated the thoughts on Yoga in a work called the *Yoga Sutras*, in which he describes the different forms of meditation. He describes so many methods. He never says, "This is the only one you should do." He gives hundreds of varieties.

One method he talks about is meditating on the incoming and outgoing breath. In fact this technique has become an important

form of Buddhist meditation - the *annapanna sati* they call it. And if you can't concentrate on the breath, they say to concentrate on the movement of the stomach which is caused by the breathing. You are even allowed to put your hand there. It's very gross, but from there you are asked to feel the breath and then to listen to the sound of the breath.

At that point you will be hearing the mantram "Soham" or "Ham-sa." It is the breath's sound. It is called "ajapa japa," the japaless japa or unrepeatd repetition. Maybe I'm confusing you with so many terms, but it's helpful to know because one day a teacher will come and say, "I am teaching something totally new and superior...ajapa japa!"

So there are many many methods. If you begin to pull one link of a chain, the entire chain comes to you. It doesn't matter which link you begin pulling. Unfortunately sometimes one teacher will say, "Hold this chain link and pull," while another one says, "No, no. you must hold only this link and pull. Only then will the chain come." But a teacher who sees the overall picture will say, "Both links are linked to the same chain. It doesn't matter where you pull, you will get the whole chain. Pull. Don't even worry about which link is to be pulled. If you get one link, pull. If another has a different link, let him pull that."

And even after Patanjali gave so many varieties of meditations, he felt that still somebody might say, "I'm not interested in any of these things. Is there anything else?" Expecting such a question, Patanjali wrote, "Okay, whatever is tasteful to you, med-

itate on that."

Buffalo Meditation

There is a beautiful example in the life of Sri Ramakrishna Paramahansa. Once a student came and said, "You say we should meditate on God and these mantras, but I'm not interested in all that. I don't even know who they are or what they mean. How can I meditate on something I don't like and can't understand? Could I meditate on something I know?"

When you want to meditate on something, you must love that thing. If you don't, you can't meditate on it. And if you do love it, nobody even needs to tell you, you will always be meditating on it, is it not? Meditation becomes easy. This is what you call the "Ishtam" or beloved. We say "Ishta mantram," the beloved mantram, or "Ishta Devata," the beloved Deity - something which is very dear to you.

So Ramakrishna said, "Okay, what is it that you love best?" "Well, I'm just a farmer. I have a nice buffalo at home which I love more than anything else." "Fine, meditate on your buffalo."

"Swami, are you sure? That's so easy for me." "Go and do it then." So he went home, sat down in a room and started visualizing his beautiful, beloved buffalo until it appeared to him in his vision. There was the buffalo, just wagging its tail and smiling at him. He sat there, totally involved in the vision of his beloved buffalo. He forgot his food, his sleep, everything - he was totally drawn into his vision.

His concentration became so intense that he felt he was the buffalo. As I said, what you think, you become. That is the fruit of meditation. You forget your orig-

inal entity, your individuality, and you feel "I am that." When one great man meditated on his Father, at a certain point he meditated so intensely on the Father that he lost himself and became one with the Father.

Exactly like that, this fellow became the buffalo. So there he was, continuing to enjoy his buffalo meditation. His wife really got scared. She ran to Ramakrishna and said, "Swami, he won't even come out of his room. He just sits there; he won't eat or sleep. I don't know what to do."

So Ramakrishna came and questioned the farmer. "Why don't you come out now?" "Swami, unfortunately my horns are so wide I can't get out of the door." "Is that so? Okay, then chop off those horns."

"Do you really want me to do that, Gurudev?" "Yes, you have to come out, no?" So he did that, all with his imagination. Then he just tried to push the body out the door. The head came out but the body couldn't come.

"Okay, take this sword, chop off the head. The head is more important than the body. At least let the head come out." So the man did that.

And you know when the head is chopped off, an animal dies, is it not? So just at that moment, the man felt that his body was dead and a bright light, the spirit, was being released. Because of his complete concentration and the indrawn quality of his mind he was able to realize the spirit. The fact is, with any method of meditation, at the very end of your practice you will have to kill - to renounce - the form which has been so beloved to you and on which you have med-

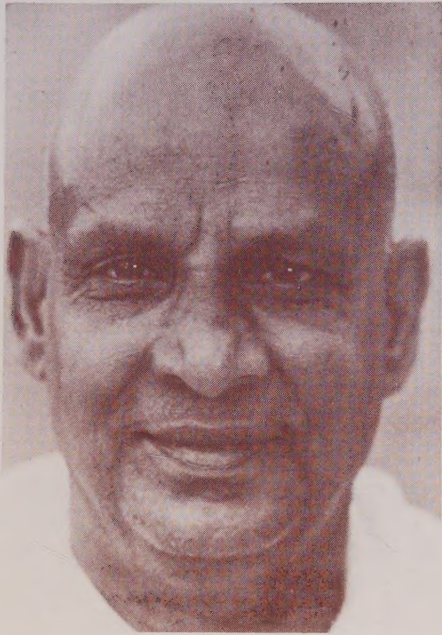
itated for so long. Then you realize the Truth, the Light - the Spirit.

So this story shows you need not even ask me on what you should meditate. Choose anything you want - but meditate. Probably if you meditate on a buffalo, you will have all the problems of chopping off the head... so it's nice to begin with the light right away, then you don't need to undergo all this process.

Students' Psychology

Of course, sometimes teachers do say, "This method is the best." Why? To create an interest in you. They may not necessarily be fanatics. Unless they tell you, "You have the very best, the most unique," you won't cherish it. That is unfortunately what happens to many seekers. They get initiation but they don't work with it. They just go and say, "Hey, I got the best form of meditation." They brag about it but they never do it. So a teacher will normally say, "This has been given only to you. You should not even tell others. Just go work with that." If you are allowed to talk about it, probably you will just go advertise. Knowing the psychology, the teachers put certain restrictions.

Unfortunately some teachers don't seem to understand the students' psychology and fail to warn them. Instead of practicing, they become the teacher's "P.R." men. That's a dangerous thing. So it doesn't matter what you choose: take it, use it - and ultimately you will get the result. If you are serious and sincere in what you are doing, your time for Self-realization will be shortened. If you are simply talking about it or wondering which kind is best, then it will take time.



Saints & Sages

Sri Swami Sivananda

The heart of a sage is a flame of love and his whole being thirsts for the uplift of suffering humanity. He forgets himself utterly and lives but for the sake of others. A saint sees the whole world as the projection of his own soul. He sees the unity in diversity. He becomes one with the whole world.

A sage is a youth among the young, aged among the old, brave among the brave, a child among children. He feels the pain and suffering among the sufferers.

The life of a saint is plain, simple, attractive and full of grace. It is methodical. A saint is ever of good cheer. To him, life is a joy. He experiences no trial or misery. He is fearless. No monarch has sway over him. He is untouched with the changes of the world. No external happening can shake him off his balance.

The sage moves among men, but is unseen by them; he is taken by them to be an ordinary man. Only a sage can know a sage. He will sometimes appear like an all-

knower, sometimes like an ignorant man. He knows when to act like a sage and when to behave like a fool. Do not judge him. If you approach him with the proper faith, devotion and spiritual thirst, he will impart the highest knowledge to you. If you go to him with a bad motive, he will behave like a mad man and you will be deceived.

A liberated sage need not be a genius. He need not be an eloquent orator. But he is serene and tranquil. His silence is a superior eloquence. He has equal vision and balanced mind. In his presence all doubts are cleared.

Knowledge is the same in all sages, but their conduct is different. One may strictly observe the duties ordained in the scriptures; another may rule over a dominion; still another one will be a wanderer. Some even marry.

Some sages have neither rooms nor clothing. All dualities have become extinct for them. They do not work for the well-being of the world. But their mere pre-

sence elevates people.

The other type is the benevolent sage - like Lord Jesus or Sri Shankara - who works for the solidarity of the world. He may preach or write books, conduct classes or establish hermitages. Which is superior? Both are on the same level.

Ignorant people say, "A sage is out to attain his own realization. He is of no use to society." This is a serious mistake. A sage is the most benevolent person. He is extremely kind and loving, at once elevating all with whom he comes in contact. He finds out the deserving aspirants and raises them through his thoughts, even if he remains in seclusion.

A sage is not a selfish man. His spiritual vibrations purify the world. His very life is exemplary and elevating. He gives hope and encouragement to others to tread the spiritual path. He is the only real lover of mankind. He loves his neighbor as himself. He does selfless service feeling the presence of God in all.

Go With an Open Mind

You cannot apply the worldly yardstick to measure the greatness of the saints. Knowers of God are like fire and can consume anything. They are beyond good and bad; they are themselves the supreme good. Do not imitate their actions which are sometimes strange and mysterious. They are beyond our intellects. If you commit a theft and say, "Didn't Lord Krishna steal butter?" you will be hopelessly ruined. Krishna lifted up the Govardhana Hill with His little finger. Can you lift even a large boulder with all your strength? Follow the advice of saints and attain knowledge of God.

To benefit from the company of saints, you have to prepare yourself. Do not go with any preconceived notions or prejudices. Approach them humbly, respectfully, and assimilate what appeals to you. If some of their teachings do not appeal to you, do not form a hasty opinion. You need not take them to heart. What may be suitable to another may not be suitable to you. Yet, with regard to broad fundamentals, there can be no difference of opinion.

When you go before a sage, do not ask him questions out of mere curiosity. Sit in his presence and observe him. Listen and ask only such questions which you really need clarified. Do not draw him into politics or public bickerings. Meditate in his presence and you will receive inner light to clear your doubts.

The very company of saints has a tremendous transforming effect on the lives of true seekers. It lifts them to the heights of purity and sublimity. It does not fail to affect even the rank materialists. How beneficial it would be if every school, every jail, every institution, every house had a saint for the guidance of its members!

God is the great purifier. A saint also is a great purifier. God incarnates as saints when the need is most felt. Study the lives of saints and you will be elevated immediately. Walk in their footsteps and you will be freed from pain and sorrow. Seek the company of sages and evolve.

Sri Swami Sivananda (1887-1963), guru of Sri Swami Satchidananda, was founder of the Divine Life Society and dedicated his life to the service of humanity through the science of Yoga.

Chiropractic and Yoga

by Dr. Ronald (Ram) Herrsche

Chiropractic, at least in that name, has been practiced since 1895 when D.D. Palmer aligned a misplaced vertebra in a janitor named Harvey Lillard, and thereby restored Mr. Lillard's hearing. Actually, however, diagrams have been found on ancient walls and even the pyramids depicting people manipulating other people's spines as long ago as several thousand years before Dr. Palmer's time.

The basic philosophy behind Chiropractic is not different from that of Yoga. They both begin with the fundamental assertion that there is a Universal Intelligence which has created the universe and is constantly maintaining it. The Yogis call it 'Cosmic Consciousness' or Brahman or God, chiropractors call it the 'Innate Intelligence,' probably because they are most aware of it as it operates within each individual.

Both Yoga and Chiropractic further assert that this Cosmic Power need only be allowed to function naturally, without any interferences, to insure us perfect health and ease. Thus the practice of Chiropractic is also

similar to the Yoga practices in that neither are concerned with putting anything *into* the body to help or cure it, but rather with eliminating imbalances and interferences so that the God-given health potential of every individual can be fully expressed.

As we know, the ancient Yogis understood the vital importance of the spine in maintaining health. The science of Hatha Yoga is primarily concerned with the maintenance of the health of the spine and internal organs. According to Chiropractic, there are various types of imbalances of body and mind which can interfere with his or her expression of complete health, many of which can be corrected through attention to the spine.

There may be structural imbalances in the spine causing undue pressure on nerves which can cause diseases in different parts of the body. Faulty posture alone can cause a general lowering of the body's health. There can be chemical imbalances due to improper nutrition. There can also be more subtle energy imbalances linked to the mind and emotions which can cause physical

ailments - since body and mind are so closely interrelated. And both Yoga and Chiropractic recognize that the body, breath and mind are very closely related; an imbalance in one will affect the others also.

Self-Chiropractic

Having noted the similarity between Yoga and Chiropractic, we can also take note of the salient difference: that Chiropractic techniques are normally applied by one person to another - doctor to patient, whereas in the case of Yoga practice, one becomes one's own doctor, manipulating one's own spine and limbs. Although the principles of the two are the same, this factor indicates the great advantage of Yoga practice - you need rely on nothing external, neither medicines, other outside agents - or your chiropractor!

But this brings me to another important point. Many Yoga practitioners believe that regular Hatha practices would eliminate the need for any Chiropractic treatment. Ideally, this is so. However, in my practice I have not always found it so. An hour

or so of Hatha practice each day is extremely beneficial for one's health. However, many of us have led very unnatural lives for 20, 30 or more years *before* beginning Yoga practice. We have abused our bodies for a long time and the imbalances thus created take a long time to right themselves through the gentle Hatha practices. So, even if someone is now practicing Yoga and having a pure life-style, problems which were initiated before the change may persist or even crop up, apparently for the first time, while he practices Yoga.

This is where chiropractic can help. It can go hand-in-hand with Hatha Yoga to restore the integrity of the spine - which houses the entire nervous system leading from the brain - by aiding in the mobilization and alignment of misaligned vertebrae.

There are also times when a person has had a traumatic injury which has displaced or sprained an area severely. Chiropractic adjustments can help hasten the recovery. In fact, I have found that at certain times a sprained back should have complete rest



Dr. Herrsche working with one of his younger patients. Children respond very quickly to chiropractic treatment, according to the Doctor.

from stretching and bending to allow the ligaments to heal. At this time Chiropractic treatments will be very helpful. And although the Yoga postures are suspended during this time, other Yogic practices should be continued to aid healing. For example, increase the amount of pranayama (breathing techniques) and japa (mantra meditation) and go on long walks. All these are helpful in quickening the healing process.

The "Breathing" Cure

A beautiful example of the "marriage" of Hatha Yoga and Chiropractic is the following: a well-known chiropractor has reported that one of the most gruesome ailments he has ever come across is a disease called chronic tonic clonic intermittent torticollis. It is a problem where severe muscle spasms of the neck prevent eating or sleeping for days because of the intense contractions. It is almost like an extended epileptic seizure.

This chiropractor had read that people breathe through only one nostril at a time, switching in 20 minute intervals - and that this is important in balancing the body's energy. So when he had a case of this severe form of torticollis, he determined which nostril was being used and had the patient breathe only through the other one. After 50-100 breaths no change had

occurred. However, after around 200 the patient began to relax and the contractions slowed down. After some 300, the patient's problem ceased completely.

I think, more than anything else, this story clearly shows the Yogic quality and naturalness of the Chiropractic approach. It also clearly shows the linkage of body, breath and the subtle energies of the body and demonstrates the incredibly powerful effect of pranayama in health care. As taught in Hatha Yoga, the alternate nostril breathing is designed so the practitioner must breathe in and out of each nostril individually. It helps balance the subtle energy currents in the body and at the same time control the mental functions. The deeper breathing also helps increase the amount of oxygen and prana (vital force) in the system which charges both body and mind with vitality.

In conclusion I would like to say that as a chiropractor, I feel Yoga is an excellent preventive and curative regimen - and as a Yoga practitioner - that Chiropractic is a Yogic medical approach. As both chiropractor and Yogi I recommend any person interested in perfect health to incorporate the pranayama techniques as well as Yoga postures and meditation into their daily routine - and I hope you will rarely have cause to see a chiropractor!

Om Shanthi Shanthi Shanthi.

Dr. Ram Herrsche practices at the Integral Health Services Clinic in Putnam, Ct. Inspired by the teachings and example of Rev. Sri Swami Satchidananda, and under the medical directorship of Dr. Sandra McLanahan (Swami Amritananda), the clinic serves the community through techniques of preventive medicine, including traditional medicine, Yogic therapy, chiropractic, nutritional counseling, physiotherapy, psychological counseling and various Yoga and Health workshops.

Is the World Made of Sound?

by Atma & Jothi Hansen

Frederick (Atma) Hansen is Senior Staff Scientist at NASA's Ames Research Center in California and consulting Professor of Aeronautics and Astronautics at Stanford University. This article was written by Atma based on his research experience and emendated by his wife Clydette (Jothi). Both are devoted disciples of Gurudev and often fly him around California when Gurudev is there.



Many of the world's scriptures tell us that sound is the basic substance of the universe. Occasionally other terms are used, such as "vibration," "light," "breath," the "Word," etc., but, while such terms as "sound" and "light" do have different technical meanings for the scientist, they also have sufficient similarity to suggest that the scriptures may have used these terms to describe the same basic fact.

In the Upanishads, one of the oldest known scriptures, it is

written, "OM [the basic sound vibration] is Brahman [God]...from Brahman floweth all that is... from Him sprang the Universe." The Tao Te Ching says, "Something mysteriously formed, born before heaven and earth...ever present and in motion...it is the mother of ten thousand things...call it Tao." And again in the New Testament it is said, "In the beginning was the Word...and the Word was God...without Him was not anything made that was made." And so on. This divine sound is given many names in the various tra-

ditions, but they are all similar: the Hindus, Buddhists and Sikhs call it "OM"; Christians and Jews, "Amen"; it is "Ameen" to Moslems and Sufis.

The Scientist's View

To a scientist, sound means a pulsing or vibrational movement of matter which is transmitted through the atmosphere as pressure waves. These waves are themselves the to and fro motion of the molecules in air, which, at the ear, are converted by membrane, bone and fluid-coupling mechanisms into electrochemical nerve impulses. These are transmitted to the brain and interpreted as sound. However, the ear-nerve-brain system responds to a very limited range of vibrations. We are familiar with the fact that somewhat higher frequencies can be detected by animals and sensing instruments such as are used with ultrasonic cleaning baths and metal crack detectors. But eventually the frequency becomes so high that particles of matter are too massive to move in the short interval between one pressure pulse and the next; then ordinary sound no longer propagates through matter.

Still, this is by no means the limit to vibrations in matter. The tiny charged particles we call electrons, constantly dancing around the more massive nuclear particles of matter, are so light that they can respond to much higher frequency impulses. As the frequency of the electrons' vibrational motion increases, they generate first radio waves, then infrared rays, then ordinary light waves, then ultra-violet and finally X-rays and gamma rays.

At an even higher frequency

are the so-called "cosmic rays" which bombard us from all directions in space. These cosmic rays are now known to be very high energy particles that also have the properties of high frequency vibrational waves. In fact, all moving particles, from atoms to golf balls, have this dual particle-wave nature; they can be described as matter-waves with a field of probable position and velocity that stretches to infinity and vibrates rapidly in time. The scientist cannot say conclusively whether matter is composed of particles or waves, only that it has the characteristics of both.

The Tao of Physics

Frithof Capra, a nuclear physicist, in a delightful book, "The Tao of Modern Physics," gives a very good, semi-technical summary of present scientific understanding about matter, particles and waves which he then compares to statements by the world's sages and scriptures. One can hardly avoid the conclusion that both are describing the same thing.

Capra explains how the so-called fundamental particles of matter are constantly in pulsating transition from a field of energy, to a particle, again to a field, and so on. He suggests that the particles merely represent transient symptoms of the ongoing process, and that the process of transition from one state to another is far more fundamental in understanding the true nature of reality than the particles of matter.

The particles we call "permanent" - such as the electrons, protons and neutrons of which atoms are formed - engage in their dance for exceedingly long lifetimes, perhaps millions of

years, but eventually even they decay into waves of pure vibrational energy. The transient particles - such as the neutrinos, mesons, pions and kaons which the nuclear scientist observes with his cloud chambers and photographic emulsions - with lifetimes from seconds to less than billionths of seconds, are associated with the energy fields that seem to bind the permanent particles together; in other words, they are thought to be the glue of the universe. The energy fields associated with all these particles - both transient and permanent - extend, albeit weakly, to infinity. *In this sense, then, every particle in the universe is a part of each and every one of us; conversely, each of us has roots that reach to every atom and every star in the universe.*

"One Begat Two..."

The implications of the above might seem staggering - except that we've heard the same thing said many times before. Doesn't it sound more than vaguely like the teachings of our beloved Gurudev Swami Satchidananda? "Everything is ONE," he teaches. And again, "Matter is real, but transient." Again, "The world was created and is sustained by vibration, the basic cosmic sound."

In fact, the scientist understands processes by which sound could, in principle at least, be used to form everything. A low-frequency sound wave-particle or phonon, is the smallest unit of energy we can conceive of. Phonons do not convert directly to stable particles, but the superposition of two sound vibrations can add up to give both higher and lower frequencies, and the

energy could be increased by such superposition until it finally reached a threshold value where it could congeal, as it were, into one of the stable particles.

With the addition of one more property, positive and negative charge, all matter can be made¹. The electric charge gives particles their inherent nature of attraction, repulsion or neutrality toward one another, something like the yin and yang of Taoism. The Tao Te Ching explains, "The Tao begat one. One begat two. Two begat three. And three begat the ten thousand things..."

Do these pronouncements of modern science make these scriptural revelations more true? Hardly. Whatever *is*, is, no matter what either the scientist or the sage says. But how fascinating to live in an age where these two seemingly antithetical elements of our heritage, the scientific and the spiritual, converge, as they now seem to be doing, on this fascinating question of the nature of the building blocks of the physical universe.

¹From the scientist's viewpoint this is an oversimplification, for he recognizes several other intrinsic properties of matter besides charge, such as "spin," "strangeness," "charm," etc. Spin is clearly like a rotation which can be related to a superposition of two vibrational motions. The remaining properties appear to be related to symmetries in space, that is, symmetries in the standing wave patterns of the pulsating fields of stable particles. In this sense all these properties may yet be related to this pulsating or vibrating character of matter.



Yogic Yogurt

by Snehan Cherniske

If we were to compile a list of the foods most helpful to maintenance of adequate nutrition and health, yogurt would certainly be among the highest on the list. Its presence on supermarket shelves for two decades shows it is not a mere health fad. But although there has been a steadily increasing interest in this amazing food, many are still not aware of its true value. Still fewer have discovered the added benefits of making their own.

Without making the exaggerated claim that yogurt is the "perfect food," we can mention a few of its significant beneficial properties. The most important is probably its ability to destroy pathogenic intestinal bacteria, while at the same time assist in the growth of beneficial bacteria there. These beneficial (or acidophilus) bacteria help the body to manufacture Vitamin B and assist the assimilation of our other foods' nutrients. This is particularly vital if we consume many refined, Vitamin B deficient foods such as products made with refined flour.

Yogurt is also of great value in restoring good digestion after a period of taking antibiotic drugs, as these drugs destroy both the harmful bacteria they

were designed to eliminate, as well as the beneficial kind our systems need. In addition, yogurt is an almost predigested food due to its lactobacillus bacteria, and is therefore very valuable for anyone with poor digestion or for those having trouble digesting milk products. It is a good source of high quality protein, minerals - especially calcium - enzymes and vitamins including D and B₁₂.

Making Your Own

Why bother to make your own yogurt? For one thing, you can make it for a third the cost of commercial brands. For another, it will be substantially more vital, nutritious and fresh. And with few exceptions, commercial yogurts contain preservatives, chemical stabilizers and thickeners. Even ones labelled "natural" may contain sugar.

Making yogurt is easy. You can use whole or powdered milk, raw or pasturized; and mixtures also work well. One satisfactory recipe for 3 quarts:

- 2 qts whole milk
- 1 qt water
- 2 c powdered milk
- 3 heaping Tbsp culture (any plain natural yogurt)

Heat milk and water over medium heat to 112° F (about the point where you can keep your finger in it for 15 seconds). Take a cup of the hot milk, mix it thoroughly with the culture, then add this back to the other milk. Mix together completely. Now the mixture must be kept warm for some 4 - 8 hours. Use one of the methods described below or improvise your own: 1) Most gas ovens with pilots stay in the correct temperature range of 90 - 118°; 2) Put a light socket with a 7½ watt bulb inside a styrofoam picnic basket; 3) Place yogurt on top of stove over the pilot and wrap with towels; 4) Put yogurt in the sun with a down sleeping bag over it. The time the yogurt takes to solidify depends on the temperature; for example, in a 90° oven it will take 6-8 hours; at 100° it might take only 4-6 hours. Some variables to note: the longer the incubating time or the more starter culture you use (up to 4 Tbsp. per qt), the thicker and more tart the yogurt will be. For creamier yogurt, use more powdered milk or blend in a can of evaporated milk at the beginning.

With a little experimentation, you'll obtain the particular sweetness and consistency your family prefers; then you can enjoy yogurt with any meal. Sweetened or seasoned, it is a very versatile food.

Recipes

THREE SALAD DRESSINGS

Blend:

- 1) 3 chopped tomatoes
1 c yogurt
2 Tbsp. caraway seeds
½ tsp. salt

- 2) 2/3 c gr. cheddar cheese
1 c yogurt
2 Tbsp. cider vinegar or lemon juice
1 tsp. caraway seeds
- 3) 1 avocado
1 c yogurt
2 tbsp. lemon juice
2 tbsp. minced onion
1/8 tsp cayenne
½ tsp salt or herb salt

CUCUMBER RAITA - with summer salads or Indian food:

- 2 c yogurt
- 1 cucumber, peeled and diced
- 1 tsp. salt
- 1 tsp. cumin seeds, toasted and crushed
- pinch of black mustard seed
- pinch of cayenne

Whip yogurt lightly 'till smooth. Mix with other ingredients.

PASHKA - a delicious dessert

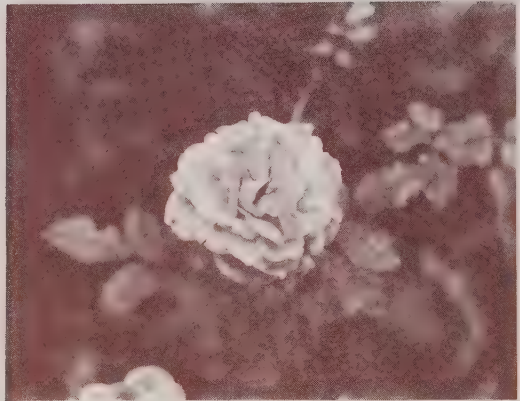
- 3/4 lb. cottage cheese
- 1 c yogurt
- ½ c softened butter
- 1 c ground nuts
- ½ c raisins
- ½ c other dried fruits
- 1 tbsp. powdered fruit rind
- 2 tbsp. honey

Mix ingredients and turn into a cheesecloth. Tie edges together and place in a mold or hang to drain for at least 6 hours.

YOGURT "CREAM" CHEESE

Heat some yogurt in a double boiler 'till just warm. Pour into a cheesecloth and allow to hang approx. 6 hours. Flavor with caraway seeds, garlic powder or herb salt - or sweeten with honey, molasses or jam.

Poetry Corner



FLOWERS SHAKING

Today, we didn't have an earthquake
and fall into the sea and earth.
Nor did the earth explode,
to fall into the sky and stars.
We are still here. Imagine an Astronomer
who sits beneath his scope
looking at Venus with a trembling tear
melting her atmosphere, running over the lens,
because of the great smallness of himself.
He doesn't realize he's at his Father's feet.

His feet are like small mountains
if you focus in a certain way.
The way tiny bones run down like streams;
and travelers come with flowers
at the beginning of the trail.
But his laughter shakes all the flowers off
and the people who come tumbling down
touch His feet again.
And no one else can understand.
It's a mystery. We are still here.

Lakshmi Gangwer
Santa Barbara, California

Day-by-Day

with Sri Gurudev



Beloved Readers,

There is no doubt one can learn a lot from the formal teachings of a Master: one can learn the practices he teaches and the principles he recommends with which to better our lives. But as Sri Gurudev himself has often said, it is from the very life and example of a Master that one can receive more. How does he relate with people? How does he teach? How does he live? Whether you are blessed to be in his company physically, or have the blessed opportunity to peek through the peephole of the printed word into his life, it is this aspect of the Guru which is a most unique blessing for the students and friends of a living Master.

As you will see on the following pages, we have attempted to share with you not only the bare facts of his ministry - the dates he went where, the cities in which he spoke to whom - but the teachings, the anecdotes, the experiences which his Wisdom and Power generated among those fortunate ones with whom he met.

We hope you will be inspired by the living teachings - the 'Divine Dance' - of Sri Gurudev.

Om Shanthi,

the Editor

This chronicle is derived mainly from letters of Shanti Zupan (Sri Gurudev's secretary) and Swami Jnanananda Mataji (President of Sat-chidananda Ashram-West) addressed to the East Coast Ashram Family. It begins in Santa Barbara, California where Sri Gurudev spent the Winter and early Spring of 1977.



"A Joyous Vision"

*Sri Gurudev
feeds the gulls
in Santa Barbara Channel*

A MOST JOYOUS VISION

Papa is so beautiful here! He is radiant and so relaxed and healthy. Yesterday he went for a boat ride on the bay. As we were returning into the dock in late afternoon, Gurudev noticed a single gull following the boat, gently gliding back and forth. He quickly rummaged through the picnic baskets and came out with a bag of cheese doodles. He began waving them in the air as if to show the bird. Then he started tossing a few overboard. After a few minutes the gull started picking them out of the water very far back from the boat. Gurudev kept on and soon the gull came closer and closer and then another

bird appeared and both started catching the doodles in the air as he threw them.

Soon another came, then another and another! In a few minutes there were over thirty gulls! Gurudev was laughing and dancing and talking to them. It was an incredible scene. I was laughing so hard I literally thought I would faint. It was one of the most joyous visions I have ever had in this lifetime. Gurudev was completely radiant, completely in love and completely MAD! It seemed as if gravity had let go her hold on him and he was floating in joy with those gulls. There was such a complete communication. I know words can't possibly express the greatness of that moment...

"WHAT KIND OF RESTAURANT IS THIS?"

One day we had the opportunity to go to dinner with Gurudev in Los Angeles. As we sat down at the table, the young waiter came over and said, "Hello, I'm Bill. May I serve you?" Gurudev looked at him with a straight face and asked, "What kind of restaurant *is* this?" "Excuse me, Sir?" "What kind of restaurant is it where you get the "bill" before you eat?!" That was the beginning of the waiter's quickly growing affection for Gurudev. The evening turned into a Yoga question and answer period and finally the waiter asked where

he could come to hear Gurudev speak, because "All he knew was that he was feeling really 'good vibes' from this table!" I really felt then that everything has a purpose. I had thought we were just there to eat, but later I felt we must have been there for that waiter.

On February 25 Gurudev flew to Santa Cruz for a public talk at the University of California at Santa Cruz and returned to Santa Barbara next day with devotees Atma and Jothi Hansen (authors of the article on page 13). A few more beautiful stories of Gurudev's Santa Barbara stay follow.

I HAVE TO BE WITH YOU

Being here with Gurudev is teaching me that even in his physical presence we must learn to rely, not on the physical but on his real Presence. An incident happened the other day which made it very clear. Gurudev was visiting one of the Institutes and was resting in his room after lunch.

Entering the room I found him sitting on the bed with one of our beloved brothers on the floor at his feet sobbing like a baby. This boy's love and longing for the Divine had stripped him of all his grown-up pretensions and he had just barged into Gurudev's room like a small child to put his plea before him. I'm sure you know the kind of crying I mean - totally without restraint, with complete longing and so much emotion. With all his strength he managed to put his request into words. He wanted to be in Gurudev's presence. It was so powerful that he couldn't stand not to be with him.

In the midst of all the tears Gurudev appeared like a rock. "You cannot," he said. "No one can possibly be with me all the time. Do you want me to chain you around my neck and carry you wherever I go? It is impossible." He was like an unshakable mountain, making the boy realize the reality. Then at the very end he called him "my baby" and told him how he himself had had to leave his Master Sivanandaji's physical presence ten years before his Master's death. The physical presence *is not* essential.

As Gurudev left the Institute he told the other members to get a bottle to feed the baby. But the look in that boy's eyes was something unbelievable. He had completely humbled himself and was completely radiant. He had made his connection with his Gurudev and was determined to maintain it. I tell you this story because it helps us understand why Gurudev travels to so many people and that we are not the only ones who love him so much.

"QUENCH THEIR THIRST"

As you probably know, Jnananandaji Ma has been brought to Santa Barbara to head the Ashram here. She seems pretty happy about this change, although already seeing what a tremendous job it is. She even said today that it is like the very beginning of Yogaville East. Everything needs to be organized and yogified and Divinized. But imagine, she has seen the whole process before and has so much to draw on to give here. It is truly incredible that she is here.

Her first *tapas* (austerity) was to be welcomed into a small bedroom with at least three other people and a child! That is in the small farmhouse which houses all the females plus the kitchen, dining room and office! Fortunately they have offered her a tiny trailer behind the barn to sleep in - just big enough for a sleeping bag! In the other building, the newly renovated barn, live all the males. (Without knowing the similarity they painted

the outside red and white stripes like the Indian temples!) There are no partitions, closets or heat! Yet somehow they are managing fine, while making plans for improvements.

Swami Nityanandaji who was heading the Ashram is a very beautiful soul. The depth of his dedication is truly inspiring. He came forward to tell Gurudev that he felt someone with more experience should be asked to head the Ashram because he has only been with Gurudev for a few years. And so our Jnananandaji has come. Together they are going to make a fire so bright we'll see and feel it as far away as Connecticut!

As you know, California has been having a drought, and the day Jnananandaji came it began to rain. When she called Gurudev next morning, he thanked her for the rain! Rain always falls when holy people move to an area, he said, and so she had brought it. "Well," he finished, "That's why I brought you here. Quench their thirst. Nourish them with real water."

HE LOVES TO TIGHTEN SCREWS

During the weekdays here in Santa Barbara, Gurudev has had the opportunity to rest and is free to do what he wants. It is so silent and private for him. When there is no urgent work or phone calls he often works on repairing cars and other gadgets around the house. He simply loves to tighten screws and straighten out bent things and generally repair old things to make them better. He wears just a simple *dhoti* (Indian cloth tied around the body like a skirt) and shirt and

goes about the repair work so comfortably and casually.

You all know how beautiful it is to watch Papa work - how careful and thorough he is. What strikes me more and more is how much he loves what he is doing. There is nothing in his mind which resents repairing a broken thing or thinks, "I have better things to do." He has been enjoying all the work with his hands so much and was laughing when he told me how shocked some of the Karma Yogi Ashramites had been when they discovered that their revered Gurudev knew all about fixing pumps!

"He Loves to Tighten Screws"

Right: Sri Gurudev with Balaram Gangwer
at Sivaram Auto Body Repair



ENLIGHTENED BEAUTY

Gurudev has an old gnarled tree he found on a walk one day. It's very beautiful and elegant like an old driftwood. He asked us to get a pot and some nice stones to put it in. One morning he started rearranging it along with a statue of Lord Nataraj, one of Saint Francis, a plant and a few other things.

It was a peaceful morning and I felt so moved at having the opportunity to work with Gurudev in creating a thing of beauty. It was done very slowly and with all concentration, adjusting each item again and again until it was just right to the eye. It was really a transcendent experience for me as there was no need for an ego to be involved and all the concentration was on creating a

beautiful corner in the house.

Toward the end I was feeling very light and "high" and remarked inwardly on the simple beauty of Gurudev's masterpiece. I mentally compared it to the work of Japanese artists and Zen roshis whose enlightenment is mirrored in their art... I was off into a whole mental reverie of "enlightened beauty." (It might help you get the full force of the thought waves coming in to know that I was once a budding artist myself ...)

Gurudev finished everything and stepped back for a look. All was in balance: nature with man-made form, soft and hard, light and dark - perfect harmony. As Gurudev went into the other room, I stood there admiring this beautiful new corner of Japanese elegance and simplicity. In a moment

ENLIGHTENED BEAUTY (Cont'd)

I heard him returning with his arms full of something, a gleam in his eye like a child who is tickled to death.

As I watched with amazement Gurudev filled his new creation with plastic animals of every description: birds in the tree, a fuzzy mouse in a corner, a sad-looking rubber elephant on the table! I couldn't believe it! And the next moment I looked at Gurudev and we both began laughing and laughing!

I will never understand this Being who is our Master. The scene now somehow looked more beautiful than before and completely unique! Somehow nature seems to make things become more rare and uniquely beautiful as they grow older - like trees and bridges and buildings. She certainly seems to be doing that with Gurudev, don't you agree?

On Saturday, March 12 Gurudev gave the weekly Satsang at the Santa Barbara YMCA. Our beloved brother Swami Vivekanandaji made his Santa Barbara "debut" singing Chidanand - in all conditions I am knowledge, bliss absolute! He also played a duet with a man



called Omashananda who plays a special drum with both hands and knees! The next day about sixty of us joined Sri Gurudev at a nearby high school for a Bharata Natyam dance recital by Yamini Krishnamoorti. Afterward Gurudev met with her and her parents who are also his devotees.

"WE ARE BLESSED TO SERVE"

On the next morning Gurudev visited Los Angeles, and Stan Cargman, owner of WBS Department Store received mantra initiation and a new name: Ananda. Ananda has done a lot for the Institute - not only bringing us joy through his bubbly personality, but also through his generous offer of allowing the IYIs to purchase anything from WBS at cost. Ananda requested Gurudev to give a new meaning to W-B-S

as its original meaning no longer applies to the present store. Gurudev thought a moment, then dubbed it "We Are Blessed to Serve."

Later that day Gurudev was interviewed by Cindy Paulso of KWEST Radio for a show called Insight. Then we all had dinner at the home of Lucy Sallas and May Ardeth, two elderly sisters whom Gurudev loves so much. Then we were off again to Gurudev's second radio appearance on Carol Hemingway's KABC show.

EASEFUL BODY, PEACEFUL MIND AND WHAT?

Janaki Wilkinson, who takes care of La Paz, and another disciple, Durga Barker, are both studying video production at the University. They arranged for Gurudev to be interviewed on a local Santa Barbara TV show on March 18. During the interview Janaki was operating one of the studio cameras and Durga was directing the whole show! The other camera person approached Janaki with pencil and paper and said, "What was it he said were the three principles you could lead your life by? - 'Ease-

ful body, peaceful mind,' and what?" "Useful life," said Janaki as her hands held the video camera, completely manifesting her words...

Gurudev accepted Janaki's and Durga's invitation to lunch after the show. He sent the waitress into hysterical laughter by asking for a pillow to lie down with because the food was taking so long. Finally he said, "I'm going to keep myself busy," and started making a house using every salt shaker, spoon and upturned glass available. When he got to the second story the food arrived - and the house was disassembled with detachment....

"IMMORTALITY IS REALITY"

Recently Gurudev has been watching some TV program dealing with the possibility of visitors from other planets. While watching one such show, the narrator was excitedly talking about how some ancient relic had just been dug up from under the Antarctic Ocean showing signs of life on a Kirlian photograph. With much excitement and dramatic effect he told the audience that there *"seemed to be a possibility of immortality!"* Gurudev sat quietly watching and calmly spoke to the man on the screen. "Sir, there is an *impossibility* of *mortality*! Immortality is the reality." It

was very beautiful to hear him saying it so matter of factly to the TV!

Throughout these programs Gurudev seemed to be laughing at some of the inaccuracies and egoism of our scientific theories on the one hand, and on the other hand appreciating and admiring all their sincere efforts to know the truth.

He has also been really enjoying and laughing at some of the commercials. There is one which begins with a picture of a baby while a voice asks, "When he grows up will the environment be clean?" Once Gurudev replied to the TV, "The question is, Sir, will he be clean?!"

FAREWELL, GURUDEV!

On the 19th a program was held at the Ashram honoring Gurudev before his departure Eastward the next day. Upon his arrival at the barn - beautifully decorated with special touches by our own Jaghadamba visiting from Washington DC

- an *arati* (light waving ceremony) was performed to Sri Gurudev and a garland presented. Chief garden-er Swami Murugananda requested Gurudev to plant the first spinach seeds for the community's first garden - just as he had some five years before for the first Yogaville West's garden.

Next, a three dimensional mo-

FAREWELL, GURUDEV (Cont'd)

del of Gurudev's design for an All Faiths' Lotus Temple was presented by Viswanath and Susan, two architectural students from Texas. There is a hilltop on the Ashram land which has been chosen by Gurudev as a likely spot for the temple, and the model portrays it there. It would not only overlook the Ashram complex but the entire Santa Barbara area and out to the vast Pacific beyond. Several close householder devotees presented monetary gifts to begin the project.

This evening was Gurudev's last time with the Ashram community for several months and the power of his presence transformed the rough barn and filled it with the transmission of energy from Guru to disciple. At one point

a special parting message came through the agency of Swami Nirmalananda Mataji.

She had arrived late from San Francisco and somehow Gurudev had spotted her outside the hall through a tiny window. Suddenly he announced, "Ah, Nirmalanandaji is coming!" So to a warm welcome she sang one of her songs. Afterward Gurudev began, "I don't know. That's one way to sing. But I would also like to see you sing more boldly - like this:" and for several minutes he proceeded to sing what sounded like a Tamil marching song. "Yogis should be strong and fearless. You should inspire fearlessness in others. Make a song like that also. Don't think Yogis should always be soft. Roar like lions." He turned to the rest of the group. "Get it?"



*Scale model
of Lotus Temple
by Viswanath and Susan*

THE 'TRUTHFUL' LIE

Next day Gurudev flew to Hemet, California to speak at the Unity Church on "Truth is One, Paths are Many." The talk was arranged by John and Mary Cooksey, devotees who run a spiritual bookstore and restaurant in Hemet.

His talk was full of humor and within minutes the whole church was in a wonderful mood of laughter. In speaking on the merits of vegetarianism Gurudev teased them about the tradition of not eating meat on Fridays. If that is how you make a "Good Friday," he said, "how would you make the

THE TRUTHFUL LIE (Cont'd)

other days also good? Don't eat meat!" Over the laughter of the congregation I could hear an elderly lady next to me say to her companion, "He is just like a child. He enjoys everything... so free!"

Later, when Gurudev told the story about a monk who could save a young girl's life by telling a lie, he asked the congregation how many would have stuck to the truth? Not a single hand went up. Gurudev said, "Boy, I would never have thought this of the people of Hemet!" and he and the audience had a good laugh as Gurudev gently explained how it is not the act which is so important but the motive behind it and the effect it produces. Looking toward Father Gallardo, Gurudev said, "I don't know what the Father is going to think of me!" But one could see as they looked into one another's eyes that whatever the minister was think-

ing was making his face aglow with love.

After the talk the Father brought up an elderly member who suffered from some type of paraplegic ailment. This body which normally suffered to control the simplest movements was now unable to control waves of ecstasy as he stood before Gurudev. His body and face had no normal restraints to hide the movement of his inner joy as he grasped Gurudev's hands and managed words to convey his happiness and thanks. As he left, he managed to bend and kiss Gurudev's hand and remained there a moment - suddenly quieted - until Gurudev drew him up gently and kissed him.

During such moments I literally feel that time stops and I become both the witness and also the experience of these deepest of human communications. Revealing the Divine Perfection, I feel I am standing at the center of the very "Life of life."



THE GURU MAKES LIFE RICH

Next morning we saw Gurudev off from the L.A. International Airport. Before leaving he passed out some dates as *prasad* (blessed food). As he gave one to little Shanthi, daughter of Bob and Parvathi Mistock, she would immediately shift it to her other hand and reach out for another date. Finally she had about seven dates in the one little hand and one would drop each time she reached for another. She would pick it up, then reach for still another! Gurudev, of course, used this as a perfect example and lesson for us all, explaining how we keep trying to get, and once we get we have to worry how to hold on to what we've got, and still we keep trying to get more and more - even more than we

can hold.

Then it was "*Om Tryambakam*" prayers for Gurudev's safe journey and the plane took off with our beloved headed for the next destination to touch the hearts of his loved ones waiting there...

A closing message from the West Coast Integral Yogis - through the pen of Jnanananda Mataji:

"All I can say - after I've said everything else! - is that the Guru makes life full; the Guru makes life rich. I'm not talking about just the Guru in the physical form, through that too, but that's not it. There are no words to express the gratitude I feel for His appearance in this life, His touch on all levels, His example and love through His physical form, through His Teachings and through my contact with His devotees - the whole Integral Yoga family."

ACROSS THE NATION

Gurudev passed through Denver, Dallas and San Antonio on his way east to Chicago. In each place, amidst the talks and several live TV shows, he played a subtler role also. In meetings with individual families and IYI members he brought together seemingly divided interests. Problems which had been going on for months were suddenly cleared up. In one case, quarreling friends were reunited after months by the very fact of his presence. And not only were many situations resolved, but by Gurudev's gentleness, an understanding was gained that difficulties are the very process of our growth.

In Denver over 400 people filled the Unitarian Church to see Gurudev, and the audience was de-

lighted when he invited questions from them instead of giving a formal lecture. In response to a question about astral projection, Gurudev, always practical in his advice, suggested writing a letter as a good alternative!

Gurudev was surrounded by little children during most of this trip. At the farm of devotees Bhavani and Bud Metro in Denver, Gurudev played with both "sets" of kids (grown-up and little). After appeasing the "big" ones with an IYI Meeting indoors, he came outside to all the waiting little ones. Within minutes he had them all sitting on the straps of an electric machine designed to walk horses, while he sat at the controls to whirl them around. To look at the faces, it was impossible to decide who was enjoying it more - the flying children or Gurudev!

IN CHICAGO

In Chicago Gurudev gave four talks over March 26 and 27 at the Himalayan Institute headed by beloved Sri Swami Rama. During this beautifully arranged program, Gurudev found occasion

to praise the wonderful work this organization is doing, especially connected with scientific research in Yoga-related fields. Sri Gurudev will be returning to the Himalayan Institute June 16 through 19 to participate in their conference on Meditation-Related Therapies.



RETURN TO CONNECTICUT THE 'IMPERIAL SATSANG'

Gurudev was greeted at Boston's Logan Airport by nearly the entire East Coast Satchidananda Family. Though physically tired from days of constant travel and service, Gurudev looked radiant and relaxed as he sat for a few minutes among his children in joyful reunion after months of physical separation.

Although at the Connecticut Ashram for only one short week before starting off on still more travels, Gurudev made his presence felt in every way. Taking a tour of the newer developments on the grounds, he surveyed the newly constructed International Headquarters of the Office of Sri Gurudev, which also houses the Archives - all the original audio and video tapes, films and transcripts of Gurudev's past 10 years of service.

Down at the Ashram Garden, he scrutinized a newly built storage/greenhouse building and suggested ways to make it more useful.

"When you plan a building, every square inch should be considered. Nothing should be wasted."

As Gurudev got into his car to return to Ananda Kutir, he continued talking to the group which had gathered around him during his tour. (It had begun with a few, but by the end virtually the entire Ashram population was there.) In essence his message was that he is more and more leaving the decision-making in the hands of his senior disciples.

"By now you all know what I would say in most circumstances. You should rely more on that. I would like to sit back and watch you." It was a very intense several moments and at the end, as his 1967 Imperial was ready to drive off, someone said, "This was really an 'Imperial' Satsang!"

"HELP YOURSELF FIRST"

Several nights later, on March 31, Gurudev joined us for our weekly Family Meeting. It had been brought to his attention that attendance at Group Meditation had been quite low and he took this opportunity to remind us of the purpose of Ashram life. The purpose, he said, is to get the guidance of a Teacher and his Teachings and to do everything together: meditate together, do Hatha Yoga together, eat together, work together. This is for our benefit: to give us the support we need to keep up our spiritual practices. We should remember we're not here to help the Guru or to run an organization - or even to help each other - but to help ourselves first. Like boarding a train after having decided you want to go to a particular destination, in the middle of the

ride, will you complain to the conductor or try to make him change the train's course? If you are riding the train by your own choice, let the conductor take you to the destination. Enjoy the scenery! If you're not interested in that, get off the train!

On April 1 and 2 Gurudev returned to Chicago to speak to the American Medical Students' Association and to give a public lecture. Later, on the 11th he traveled to Baltimore, Maryland to speak at Johns Hopkins Medical School. Both encounters are symbolic of the new awakening to alternative approaches in the medical field. An upcoming issue of *Integral Yoga* will feature full coverage of both these events plus a third which will by then have taken place: a talk at the National Institute of Health in Washington, D.C.

AT ANANDA ASHRAM

On April 3 Sri Gurudev flew to Dr. Rammurti Mishra's Ananda Ashram in Harriman, N.Y. to participate in a Spring Yoga Festival. He was warmly welcomed by members of the Ananda family who

remember the important role he played in the Ashram's development several years ago when he spent many weekends at Ananda with his disciples. As Gurudev told the Festival's participants, Ananda was one of the first Yoga Ashrams to exist in the U.S.

"WHOMEVER YOU MEET IS YOUR BROTHER"

Gurudev spoke to participants of the Ashram's Easter Retreat on April 10. One retreatant asked, "How do you direct your disciples from within, and how can we make this contact?" He answered, "I am always directing from within and without. But it is the part of the *student* to receive it." He continued to explain how the student must have total faith and tune him or herself by constant thought of the Teacher. "Think that whatever you do is his job.

Whatever you eat is his food. Whomever you meet is his child and so your brother or sister..."

On April 15 the Ashram celebrated its fourth Anniversary. Many Ashramites made offerings and then Gurudev spoke some inspiring words. He said such occasions are not for patting ourselves on the back for all we've accomplished, but rather a time to think of how much more is to be done and to renew our dedication. He also spoke on the spiritual path and encouraged us to "Stop not 'till the goal is reached."

SRI GURUDEV IN THE NEWS

**Saturday
Spotlight**
by
Vickie
Davidson

THE SATURDAY EXPRESS-NEWS

South Texas' largest-selling Saturday newspaper

*Hindu monk
preaches
love,
meditation,
diet*

San Antonio April 2 1977



His followers say he's a holy man. They bring him flowers and plants and smiles of reverence.

Is he holy?

"I just leave it to the people to decide what I am. I know what I am," explains the 62-year-old man.

Then he teases, "Holy? I don't know." He pulls out the sleeves of his robe. "Do my clothes have holes?" His eyes twinkle.

Later Swami Satchidananda explains to the interviewer why he's stayed in the U.S. He stayed partially because of his following. That following includes artist Peter Max and jazz musician Alice Coltrane.

Swami Satchidananda is an advocate of yoga, proper breathing, meditation and a careful diet.

A vegetarian diet? If possible, he says. "I recommend going without meat."

Meat, he explains, is filled with toxins. "If you want to see what I mean go to the zoo and watch the animals . . . the meat-eating animals smell foul."

The Swami, who left a prosperous business career in South India at age 28 for full-time spiritual search, also has something to say about sin.

"The basic sin is forgetting our nature. Our nature is to be peaceful and happy all the time."

How does one find peace and happiness?

"By giving and sharing," he says — even if you get hatred. You should give expecting nothing in return.

"You are used to expecting and you are used to getting in trouble. Just act, but don't look for the fruit. Why? Because expecting something in return will affect your mind."

"Everybody — everything in the universe — seeks happiness," says the Swami. In seeking they look everywhere but where they should — to themselves.

"It's like you are wearing your necklace and you forget you are wearing it," explains the Swami. "So you look everywhere for it and all the time it was around your neck."

More Letters to Sri Gurudev



IN SICKNESS AND IN HEALTH

Beloved Gurudev,

May I thank you with all my heart for the advice and the blessing of your prayers during my recent kidney stone difficulties... The IYI people were unbelievably beautiful during my hospital stay. If ever I might have become dispirited, this was made completely impossible by the constancy of their love and company. One day there were as many as 9 visitors at my bed! Need I tell You what I know to be the source of that great beauty manifested here in Your name?

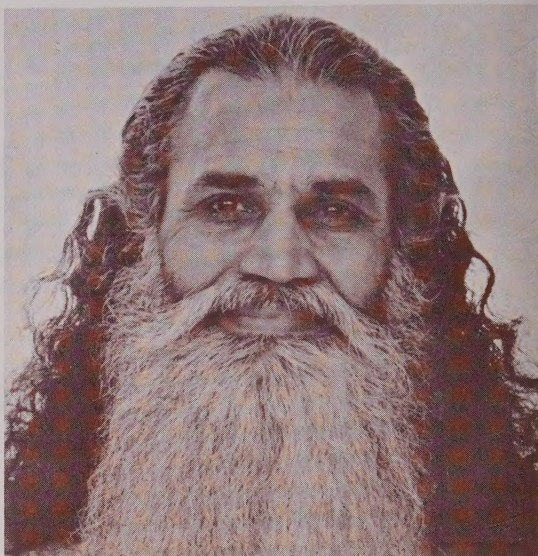
V.J., New York City

TO FIND YOU WITHIN

I pray not to crave Your praise or seek special attention from You in the presence of others. My ego so desires recognition. This is something which I wish to put behind me. I know in truth that You are always working inside of me, and I know this is the true connection I have with you. It is the only one I truly care for, and I cherish it more than any temporary gratification my ego might receive from a word of praise. May I make the effort to find You within and melt into the sweet bliss of union with You!

K.C., Iowa City, Iowa

GOD'S WAYS ARE MYSTERIOUS



Dear Mr. Rao,

I would like to ask a favor of you. In case it may seem strange to you, I do apologize. Near your desk I saw a photo of someone whose expressive look and character made a deep impression on me and produced a great tranquillity in me. Would it be possible to send me a copy, and in the meantime, to see the possibilities of my meeting the person in question during my next visit to the U.S.A.? I have meditated on this but only now found the courage to ask you about it.

F.V., Lisbon, Portugal

Dear Mr. V.,

Mr. Rao forwarded your letter to Sri Gurudev. Please don't think your request "strange." We constantly see how the beauty, clarity and love of His existence reaches out to touch and soothe our lives in every conceivable manner. The Divine Power knows no boundaries or conventions. God's ways are truly mysterious.

Shanti (Gurudev's Secretary)